



The Jasmine Dragon

American Kenpo Karate Kung-Fu Martial Arts



Blue Belt Technique List

Escape Techniques

- ___ Arcing Blades
- ___ Chinese Junk
- ___ Chinese L Choke
- ___ Drawbridge A.B.
- ___ Rocker
- ___ Stone Warrior A.B.
- ___ Sweeping Branches A.B.C.
- ___ Swinging the Gate A.B.
- ___ Thistle A.B.
- ___ Wing Break A.B.C.

Weapons Disarming

- ___ Duck & Dive
- ___ Jugular Threat
- ___ Rotisserie
- ___ Waterfall

Self-Defense Techniques

- ___ Attacking the Wall
- ___ Blocking the Sun
- ___ Breaking the Yoke A.B.
- ___ Circling Serpent
- ___ Crane Leap
- ___ Crossing the Mountains
- ___ Divided Swords A.B.
- ___ Five Swords
- ___ Parting the Waves
- ___ Shaolin Feathers
- ___ Startled Cat
- ___ Stretching the Bow
- ___ Thundering Hammers
- ___ Water Wheel
- ___ Yanking Feathers

Katas

- ___ Mass Attacks

Sparring Techniques

- ___ Spinning Back-knuckle
- ___ Spinning Heel Hook
- ___ Spinning Reverse Crescent
- ___ Crescent, Spinning
- ___ Reverse Crescent
- ___ Kicking Set 5

New Kicks

- ___ Axe Kick
- ___ Drop & Kick
- ___ Lunge Kick

- ___ Finger Set